Honestly I feel so conflicted... about everything happening right now. This has been going on for so long.

I’m tired.

But I’ve decided my family, friends and community are most important. I am going to do whatever it takes to keep them safe.

I’ll be flexible with plans, even though it’s frustrating to cancel or postpone. I’ll stick with small groups.

As days get longer and warmer, we can go outside.

I’ve decided my family, friends and community are most important. I am going to do whatever it takes to keep them safe.

There’s a chance I’ll still get sick, but I’ll be a lot less likely to end up in the hospital, and that’s worth it to me.

There are a lot of bad things about COVID.

There are a lot of good things I can do to fight it.

I’ll wear a mask around people I don’t live with. I’ll wear it right so it covers my nose and mouth.

If I start feeling sick or find out I was around someone with COVID, I’ll stay home and away from other people. I’ll get tested.

I’ll get my COVID vaccine and booster.

There’s a chance I’ll still get sick, but I’ll be a lot less likely to end up in the hospital, and that’s worth it to me.

There are a lot of good things I can do to fight it.

COVID doesn’t care, but I do.